



Key Stages 3 – 5

PSHE Curriculum

2025-26

 Relationships and Sex Education (**#RSE**)
 Staying Safe On and Offline (**#SSO**)

 Health and Wellbeing (**#H&W**)
 Rights and British Values (**#RBV**)

 Celebrating Diversity and Equality (**#CDE**)
 Life Beyond School (**#LBS**)

 Citizenship (**#Citizenship**)

Key Stage 3: PSHE 2025-26

	AUTUMN (14 weeks / 7 lessons)		SPRING (12 weeks / 6 lessons)		SUMMER (12 weeks / 6 lessons)		
7	PSHE	Exploring Stereotypes <ul style="list-style-type: none"> What are British Values and what is meant by our 'identity'? What are stereotypes? Prejudice and discrimination Equality Act – what are your rights? 	Exploring social issues <ul style="list-style-type: none"> Why do people get involved in crime (inc. knife crime)? What is meant by gang culture and how do people get drawn into gangs? How can you stay safe in an increasingly online world? 	Puberty <ul style="list-style-type: none"> How our bodies change in puberty. Puberty in boys and girls. Importance of personal hygiene 	Relationships <ul style="list-style-type: none"> How does puberty impact relationships? Dealing with peer pressure. Teenage survival guide to puberty 	Looking after our health and wellbeing <ul style="list-style-type: none"> What keeps us healthy diet and exercise What keeps us healthy relaxation and sleep 	Looking after our health and wellbeing <ul style="list-style-type: none"> How do energy drinks and caffeine affect the body? What is vaping and what does the science say?
		#CDE #RBV	#CDE #RBV #SSO #Citizenship	#H&W #RSE	#RSE	#H&W	#H&W #SSO
	TUTORIAL	Friendship and the Bishop Way <ul style="list-style-type: none"> What makes a good friend? Types of bullying Managing friendships and peer pressure Staying positive 	Community and the Bishop Way <ul style="list-style-type: none"> What is a community and the Bishop community? What is democracy in school and in our country? Have your say – our community* 	Democracy in the UK <ul style="list-style-type: none"> What are general elections and how do they work? What is Parliament? What do political parties do? 	Democracy in the UK <ul style="list-style-type: none"> Creating a political party Presenting party manifestos Electing a political party 	Careers <ul style="list-style-type: none"> Transition points in your life Careers and your future Financial Education 	Proud to be me <ul style="list-style-type: none"> Celebrating our achievements Managing challenges The future and preparing for Year 8
		#RSE	#CDE #RBV #Citizenship	#RBV #Citizenship	#RBV #Citizenship	#LBS #Citizenship	#H&W #RSE #LBS
8	PSHE	Crime <ul style="list-style-type: none"> British Values: why do young people commit crime? What is the law and why is it important? The role of the police in society 	Justice <ul style="list-style-type: none"> The criminal justice system and how it works You be the judge Reform v Punishment debate 	Relationships <ul style="list-style-type: none"> Healthy relationships, marriage & love. Managing conflict Prejudice and discrimination in relationships 	Our lives online <ul style="list-style-type: none"> Cyber bullying Online grooming / Grooming children Social Media – benefits and disadvantages (link validation, safety, distorted reality etc) 	Staying Safe <ul style="list-style-type: none"> County Lines Child Exploitation and county lines 	Looking after ourselves <ul style="list-style-type: none"> How does alcohol impact the body? Healthy eating Body image
		#RBV #LBS #Citizenship	#RBV #LBS #Citizenship	#RSE #CDE #RBV	#SSO #RBV	#RSE #H&W #SSO	#H&W
	TUTORIAL	Exploring prejudice <ul style="list-style-type: none"> Ableism and disability What is racism? Hate crime in the UK. 	Exploring prejudice and democracy <ul style="list-style-type: none"> What are pressure groups and social movements? Creating a pressure group Presenting pressure group campaigns 	Northamptonshire County Schools Challenge	Northamptonshire County Schools Challenge	Careers: World of Work <ul style="list-style-type: none"> Exploring careers - TACTWD Labour markets Preparing for the Scillies – team work, resilience and independence 	Proud to be me <ul style="list-style-type: none"> Celebrating our achievements Managing challenges The future and preparing for Year 9
		#CDE #RBV #Citizenship	#CDE #RBV #Citizenship	#SSO #RBV #LBS	#SSO #RBV #LBS	#LBS	#H&W #RSE #LBS
9	PSHE	Addiction and the psychology of addiction <ul style="list-style-type: none"> Types of addiction and the psychology of addiction Can we be addicted to technology? How are drugs classified? 	Staying Safe <ul style="list-style-type: none"> What are stimulant drugs and how can they affect the body? What are depressant drugs and how can they affect the body? Debate: should cannabis be legalised? 	Sex Education <ul style="list-style-type: none"> Law and consent Sex and delaying sexual activity Harmful behaviours (language, sexual harassment, child—produced images, stalking) 	Sex Education <ul style="list-style-type: none"> Contraception including condom demonstration Sexually transmitted infections FGM and the law 	Teenagers Guide to Relationships <ul style="list-style-type: none"> Consolidation of RSE topics Create a guide for future students that highlights healthy relationships, how to identify unhealthy relationships. Signposting ways to get help and advice 	Looking after ourselves <ul style="list-style-type: none"> Dealing with pressure Dealing with loss/grief Dealing with divorce
		#SSO #H&W	#SSO #H&W	#RSE #CDE	#RSE #CDE	#H&W #RSE #CDE	#H&W #RSE
	TUTORIAL	Society under threat <ul style="list-style-type: none"> What is terrorism and counterterrorism? What is extremism and radicalisation and how do people become radicalised? What is antisemitism? Modern Day slavery 	Our rights <ul style="list-style-type: none"> Human Rights Act Equality & Protected characteristics Debate: How well does the UK promote equality? 	Northamptonshire County Schools Challenge	Northamptonshire County Schools Challenge.	Careers: Employment and Money <ul style="list-style-type: none"> What are taxes? Employment and financial management Saving and managing money 	Proud to be me <ul style="list-style-type: none"> Celebrating our achievements Managing challenges The future and preparing for Year KS4
		#RBV #SSO #Citizenship	#RBV #CDE #Citizenship	#SSO #RBV #LBS	#SSO #RBV #LBS	#LBS #Citizenship	#H&W #RSE #LBS

Key Stage 4: PSHE 2025-26

	AUTUMN (14 weeks / 7 lessons)		SPRING (12 weeks / 6 lessons)		SUMMER (12 weeks / 6 lessons)		
10	PSHE	Media <ul style="list-style-type: none"> Social life v Real Life Social Media Validation Online Reputations Staying safe from scams 	You and your rights <ul style="list-style-type: none"> Rights v Responsibilities Your Employment Rights (including types of employment) Consumer rights 	Staying safe in relationships <ul style="list-style-type: none"> Respect in relationships (inc. misogyny, historical attitudes etc) Child-on-child abuse (inc. bullying, images, social media, sexting) Relationships and Sexual abuse 	Staying safe in relationships <ul style="list-style-type: none"> Domestic Abuse Honour-based violence (including FGM) Forced marriage 	Law & British Values <ul style="list-style-type: none"> Causes of Knife Crime (Respect for the rule of law) Modern Day Slavery (Individual Liberty) LGBTQ+ Rights in the UK and across the world (Tolerance) 	Careers <ul style="list-style-type: none"> What are my post 16 options? Discovering and researching future pathways What are apprenticeships?
		#RSE #SSO	#RBV #Citizenship	#RSE #H&W	#RSE #H&W	#RBV #Citizenship	#LBS #Citizenship
11	PSHE	Media <ul style="list-style-type: none"> Representation in the media and body image Representation of drug culture Sexualisation and the media Pornography 	Careers – life at 16 and beyond <ul style="list-style-type: none"> CV writing Personal statements Payslips, tax and NI <p><i>Needs to include Local labour market information</i></p>	Sexual Health <ul style="list-style-type: none"> Teenage pregnancy, contraception revisited, STIs Abortion – law, morals and ethics Checking health – testicles, prostate, breasts, cervical and ovarian cancers 	Emotional health & Wellbeing <ul style="list-style-type: none"> Exam Stress and preparation Time management Promoting Emotional Wellbeing & mental health 	Exam Stress and preparation Time management	
						STUDY LEAVE / EXAM PERIOD	STUDY LEAVE / EXAM PERIOD
		#RSE #SSO	#LBS #Citizenship	#RSE #H&W	#H&W #Citizenship		

Key Stage 5: Life and Ethics 2025-26

	AUTUMN (14 weeks / 7 lessons)		SPRING (12 weeks / 6 lessons)		SUMMER (12 weeks / 6 lessons)		
12	PSHE	Artificial Intelligence <ul style="list-style-type: none"> What if Artificial Super Intelligence (ASI) goes beyond our control? What if AI is granted personhood? What if driverless cars had to make a moral decision? 	My Rights and Responsibilities <ul style="list-style-type: none"> British Values and Protected Characteristics Young drivers: learning to drive Young drivers: after your test 	My Rights and Responsibilities <ul style="list-style-type: none"> Understanding my finances and planning my future Trade Unions and the rights of workers Voting and democracy 	New Experiences <ul style="list-style-type: none"> Keeping safe at parties Keeping safe at festivals Keeping safe whilst travelling 	Responsibility <ul style="list-style-type: none"> What if evil is banal? What if nobody knew it was you? What if you had to break the law to stop injustice? 	Revisiting Contraception and Sexual Health <ul style="list-style-type: none"> Contraception and STI - recap Adult health checks Harmful Sexual Behaviours / relationships (situational)
			#CDE #RBV #Citizenship	#LBS #Citizenship	#SSO #H&W #RSE #CDE		#H&W #RSE
13	PSHE	Responsibility <ul style="list-style-type: none"> What if evil is banal? What if nobody knew it was you? What if you had to break the law to stop injustice? 	Managing pressure <ul style="list-style-type: none"> Exam pressure Peer pressure. Work/Life balance why is it important? 	Democracy and Participation <ul style="list-style-type: none"> What are pressure groups and how are they democratic? Creating your own pressure group (2 lesson project) 	Planning for the future <ul style="list-style-type: none"> Tenancy Rights and accommodation Living in shared accommodation Managing a budget 	STUDY LEAVE / EXAM PERIOD	STUDY LEAVE / EXAM PERIOD
			#H&W#LBS#RSE	#LBS #Citizenship#RBV	#LBS #RBV #Citizenship		

>Something More?

Curriculums at BSS are designed to nurture not only intellectual and physical development but also the spiritual growth of students. This will be through:

Encouraging students to reflect on their experiences, beliefs and purpose and to contemplate the big Questions of Who am I? Why am I here? What is my purpose?

Highlighting extraordinary people, events, and discoveries that inspire awe or investigating how a sense of awe has led to breakthroughs and creativity.

Using art, music, literature, and nature to inspire awe, wonder, and spiritual insight.

Encouraging creative expression to connect with the inner self and the transcendent.

Fostering a sense of belonging and interconnectedness with others, nature, and the universe.

Encouraging self-awareness, emotional intelligence, and moral reasoning.

Promoting open-ended investigations rather than just seeking right answers.

Using hands-on activities, field trips and experiments to immerse students in learning and evoke wonder.

How does our curriculum do >Something More?

PSHE

1. Fostering a Sense of Belonging and Interconnectedness with Others, Nature, and the Universe

The curriculum powerfully explores human connectedness, democratic participation, and shared values through relationships education, exploring personal identity, and learning about the dangers of stereotypes, prejudice and discrimination. Considering what community is and means and what roles we have to play within our different communities.

Encourages reflection on how people connect to causes bigger than themselves—climate justice, LGBTQ+ rights, civil and equal rights.

2. Using Hands-On Activities, Field Trips, and Experiments to Immerse Students in Learning and Evoke Wonder

County Challenge: competing in the police and fire commissioners county challenge to consider relevant issues facing young people in the county and to devise practical ways to provide help and support.

Creative and reflective tasks during Mental Health Awareness Week, Anti-Bullying Week etc, practical tasks that are shared with the wider school community to encourage us to think and feel more widely and to open our minds to new ideas.

Using practical equipment and demonstrations to enable young people to see real life application. Using Multiple Agencies to deliver workshops to year groups to allow them insight into real life situations. Visiting Alumni students demonstrating career pathways and provide aspiration for the future.

3. Highlighting Extraordinary People, Events, and Discoveries That Inspire Awe or Show How Awe Leads to Breakthroughs and Creativity

Look at key legislation such as Equal Rights Act, Human Rights Act – how it relates to British Values and our own school core values.

Martin Luther King – using his ‘I have a dream’ speech to allow students the opportunity to consider their dreams and aspirations for the future

Using up to date current affairs that are international, national and local to find stories, events and relevant people to help highlight the key themes that we follow in PSHE.

Exploring technological development to consider the positive impact that the digital world can bring as well as educate and raise awareness of the dangers.